



# SENIOR HAPPY'NINGS

## JANUARY/FEBRUARY 2017

SCITUATE COA  
27 BROOK ST  
SCITUATE, MA  
02066



### Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

#### COA STAFF

**Director** - Linda Hayes, x15  
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**Administrative Assistant**  
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**Transportation Coordinator**  
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Jay Brien, John White  
Stephen Saunders

**Outreach Coordinator**  
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**Activities & Volunteer Coordinator**  
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**Manager of Social Services**  
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#### COA BOARD

John D. Miller, Chair  
Dr. Gordon Price, Vice  
Audrey Reidy  
Dale Balog  
Lucille Sorrentino  
Janice Lindblom, Secretary  
Helen Jablonski  
Leslie James  
Janice Desmond

**Selectman Liaison**  
Marty O'Toole

#### *From the Director—*

*We do not remember days; we remember moments.* — Cesare Pavese

At this time of year, it is my hope that each of us is finding joy in the season and anticipation in the possibilities each New Year brings with it. Days come and go; some are filled beyond our capacity to enjoy or manage; others are quieter, possibly, than we would like and we may feel lonely or at odds with ourselves and our idleness. A mother of young children said to me recently that after talking about a bad day she had had, that she was asked 'When do you rest?' and she found she couldn't answer. I think she may have been asked that question just so she would contemplate the answer and decide she needed to find more time – if not to rest, at least to find some peace, a moment to reflect and appreciate, an opportunity in her busy day to breathe and enjoy the moments, or a moment – which then have a chance of becoming cherished memories. And those are ultimately the moments that get us through other challenges, times that are not of our choosing.

The Senior Center would like to create moments that resonate with you afterward. Whether an exercise or meditation class that leaves you rejuvenated, a talk that inspires you, entertainment that makes you joyful, or a new acquaintance that makes you smile – we hope that these are moments you will continue to think about and talk about. Thank you to those who have been part of the senior center this year and have helped us to cultivate a culture that is both welcoming to those beginning to participate and motivating for others to continue.

In 2017, let's vow to both create and enjoy more moments this year! We hope to be able to do that with the prospect of a new facility closer to being a reality. With four properties in the town being vetted officially for their feasibility as a new senior center, we are on our way to a viable, stimulating, pleasing facility to honor the folks who have helped to build Scituate and who want to remain here and enjoy the fruits of a community that gives to its neighbors and welcomes all ages to enjoy its cultural, historic and civic amenities.

*Happy New Year with Love and Gratitude. ♥ Linda*

#### SENIOR CENTER HOURS OF OPERATION:

**Monday through Thursday  
8:30 AM to 4:30 PM**

**Friday 8:30 AM to 3:00 PM**

Meetings for the **Council on Aging Board** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are also videotaped to be played on Scituate Cable TV. The next meetings are: Jan. 12 and Feb. 9 at 5:30 pm.

#### Food Pantry Hours

Every Tuesday:  
10 AM - 12:45 PM and  
last Tuesday of month:  
6:00 PM - 8:00 PM

## Cultural/Social ... Trips and more

### CULTURAL/SOCIAL TRIPS:

There will be limited van trips planned during the months of January, February & March due to the unpredictability of the weather. Check out these upcoming weekend trips:

January 22 @ 3pm: The Adventures of Benjamin Franklin presented by The James Library & Center for the Arts, Norwell, MA. **Reduced price** tickets available for \$10. Van transportation available for \$5, please call to reserve your ticket and to book a ride on the van, if needed.

February 19 @ 3pm: The Bridges of Madison County presented by The Company Theatre, Norwell, MA - Sunday Matinee. We will have a block of tickets reserved for the SCOA. You may pay for your ticket here at the senior center. \$45/senior. **YOU MUST PROVIDE YOUR OWN TRANSPORTATION FOR THIS SHOW.**

PLEASE NOTE FOR ALL TICKETED ACTIVITIES & TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list.

### SAVE THE DATE ...

**The Boston Flower & Garden Show @ Seaport World Trade Center—Friday, March 24.** Leaving at 9:15 AM; \$20 includes admission and van ride. Tickets limited to 15; van limited to 12. Tickets available for purchase beginning February 1st. If interested, call Lisa x12.



Some BIG Trips are being planned with **Joanne Tours** in collaboration with Cohasset COA! Stay tuned this spring for details on these all inclusive (flyers will be posted at the COA), full day trips with luxury coach transportation. Trips in the works are....

June 22, 2017	Solid Gold—"Tribute to the Fifties"
Sept 21, 2017	The Spirit of Johnny Cash
Oct 12, 2017	Lake Winnepesaukee Turkey Dinner Train

Discount Senior MBTA Cards can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. They will be mailed to you.

## Transportation ... local and out-of-town



***SNOW POLICY: If all schools in Scituate are closed due to inclement weather, then all classes at the Senior Center will be cancelled and the vans will not be running for any purpose. If your pathway to the van is not cleared to allow safe passage, the Driver will not pick you up.***



Out-of-town Medical Rides. Reservations for rides should be made at least **5** days in advance and appointments must be between **10:15am – 1:15pm**. If appointment ends after 1:00 return time may be as late as 5:00PM. We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Suggested donation is \$5.00 round trip to be sent to the COA- Transportation.

Local Rides in Scituate. Reservations for Local rides should be made at least **2** days in advance. Our Scituate Council on Aging vans are available for any local ride within Scituate, including appointments, the Senior Center for activities, the library, shopping, hair dresser, etc. Our Van runs on a schedule during Council on Aging hours. The fee is now \$1.25 per ride or \$2.50/round-trip. Monthly passes are currently \$14.00

We have REGULAR van trips to the following locations with **2 DAYS advance sign-ups**, as follows:

**Every TUESDAY @ 9:00—9:45am to SHAWS Supermarket in Cohasset (\$2.50)**

**2nd/4th WEDNESDAY @ 10:00—11:30am to HANOVER MALL / TRADER JOE'S (\$4.00)**

**Every THURSDAY @ 9:00—10:00am to various locations in SCITUATE HARBOR (\$2.50)**

**Transportation Coordinator — Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-town Medical rides and answer your questions at 781-545-8722, ext. 17.**

*When making medical appointments, we will need your **appointment date, time, doctor's name, address and phone number**. Please advise the doctor's office that the Council on Aging will be providing your ride. When possible, please try to determine the length of your appointment for scheduling the return trip.*

## Programs and Events

### W E D N E S D A Y M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.



#### January 11 @ 10:30 AM Emergency Preparedness

Jeff Dougan, Assistant Director for Community Services, Massachusetts Office on Disability will be joining us to share critical information on personal emergency preparedness. Elena Cheverie, Scituate Fire Department, Kim Stewart, Animal Control Officer & Laura Minier, Social Services Manager will also be joining us. Join us to learn about their roles, specific safety protocols for responding to emergency situations and how they can support you this winter. Learn valuable information regarding available resources & sheltering in emergencies. Emergency Kits to be raffled!

#### February 1 @ 10:30 AM CRAFT - "Conversation Hearts"

Coni Wessman, a senior and volunteer for the senior center since she was in High School, will be here to make some fun stuff! RSVP and we will provide all the supplies needed to "share your kind words". Make a little something for yourself or for a gift for a friend or family member—a little act of kindness.



#### February 8 @ 10:30 AM Reiki Demonstration

Reiki is a form of therapy that uses simple hands-on, no-touch, and visualization techniques, with the goal of improving the flow of life energy in a person. Reiki means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow on the physical, emotional, and spiritual level. Reiki touch therapy is used to achieve similar effects that traditional massage therapy is used—to relieve stress and pain, and to improve the symptoms of various health conditions.

Join Mary Pillsbury, Reiki Master

#### February 15 @ 10:30

Appointments with Assessor's Office at the senior center to discuss tax break options. Book a 1-on-1 appt. By calling 545-8722. Bring your questions!

#### February 22 @ 9AM—11AM

##### 'What if' WORKSHOP with Gwen Morgan

Give the Gift of Preparedness to your loved ones. WHAT IF something unexpected were to happen to you? Would your family or trusted friend know about your finances, who to contact, your important documents (*do you have your important documents?*), final wishes, family medical history? We will discuss finances, contacts, documents, final wishes, medical history, legacy, & more!

The workbook is being offered for \$20 (retail price \$25) to workshop attendees who will be led through the steps of filling out the "What if ... Workbook", a fill in the blank organizational guide created by Scituate author Gwen Morgan, inspired by her work with hospice, the elderly, and personal experience. Procrastinate no more!

Call 781-545-8722 to register.

Please call if you are NOT able to attend an appointment/event you have signed up for. We have professionals who volunteer their valuable time. We often have a waiting list for people who would like to attend. Thank you!



#### TECH TIME

Wed. Jan. 11 and Feb. 8, 3-4pm

with students from the Interact Club at Scituate High School. **Sign up** to get 1-on-1 assistance with iPad or mobile/Smart phones. This is a service-oriented club at the high school for students in grades 9-12. They are very good and enjoy helping us adapt to our new technology!

#### 'SIP & SWIPE' - iPad User Training Classes with Katy Mayo

Meet with others who are tackling the latest technology. Receive expert training from instructor Katy and connect with peers. It's a good time to learn about your device and ask questions and trade tips. \$20/class **TUESDAYS, 1:00—3:00pm. January 17 & 31.** Also check out our TECH TIME with SHS students!



**The MEN'S BREAKFAST is on hiatus for January and February.**

PLEASE join us for a Wednesday Cafe Talk, Cultural Trip, iPad Training, Book Club, History Class, Fitness Class or Finance Discussion Group.



#### Hearts & Flowers GARDEN THERAPY

Tuesday, February 7 @ 10:30 am

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Spots are limited! Call to register!



## Once a Month ... Support and Services

### CAREGIVER SUPPORT GROUP (DAY)

The **SCITUATE** COA Support Group - **3rd Wednesday** Meets 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, Scituate. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-585-8722 x12.

### OTHER AREA SUPPORT GROUPS—MONTHLY

#### EVENING CAREGIVER DISCUSSION GROUPS

- ⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.
- ⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### DAYTIME CAREGIVER DISCUSSION GROUPS

- ⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730
- ⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### VISION SUPPORT GROUP

- ⇒ **Fourth Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

### BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed. 10:30-11:30 AM.

BP screening, B12 shots with prescription and can answer health questions

#### FREE HEALTH SCREENING CLINICS:

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

### PROFESSIONAL MEETINGS



#### **LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS** **2nd Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Make an appointment and meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Elaine is able to inform and advise seniors on these matters. Complimentary appointments are available monthly between 9-11am Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10

#### **ASK A LAWYER** **3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service. **Call 781-545-8722 for a morning appointment.**

#### **MEET YOUR REPRESENTATIVE** **4th Friday**

**Rep. Jim Cantwell** meets at the Senior Center each month. If you have questions or concerns to discuss, *please call 781-545-8722 to confirm the next date and schedule an appointment.* Meetings – approx. 30 mins.

#### **FINANCIAL SERVICES** **1st Monday**

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.*

**Deborah Flanagan**, Edward Jones Financial Advisor is available monthly for a FREE 30-minute appt.

**Adrienne Rowles**, Wealth Advisor of Raymond James Financial Services. If you are looking for predictable income and safety of your investments, she is available for a FREE 30-minute appointment.

#### **DISCUSSION GROUP** **Bi-monthly Friday**

**Women, Men & Wall Street** - Discussion, Q&A, and helpful info on finance and current trends. Anything goes. *Facilitated by Adrienne Rowles, Wealth Advisor with Raymond James Financial.*

*Next meeting: February 10 @ 9:00 am.*

*Will be held at the Senior Center.*

# FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
<p><b>Key:</b></p> <ul style="list-style-type: none"> <li>● At St. Luke's Church</li> <li>■ At St. Mary's Parish Center</li> <li>◆ At Jenkins School</li> </ul> <p>Other classes at the Senior Center</p>				
<p>9:00 Yoga ●</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga ●</p> <p>11:30 Balance 4 Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Cardio</p> <p>9:00 Shaws</p> <p>10:30 Mah Jong/Garden Club</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ●</p> <p>10:30 Craft – Convers. Hearts</p> <p>1:00 History Class</p> <p>4:00 Pickle-ball ◆</p> <p>4:30 Meditation</p> <p>6:00 Badminton ◆</p>	<p>9:00 My Life My Health</p> <p>10:15 Chair Yoga ●</p> <p>11:00 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Cardio ●/Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ●</p> <p>9:00 Joint Efforts</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga ●</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>9:00 Yoga ●</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga ●</p> <p>11:30 Balance 4 Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Cardio</p> <p>9:00 Shaws</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ●</p> <p>9:00 Hanover Mall</p> <p>10:30 Café Talk-Reiki</p> <p>1:00 History Class</p> <p>3:00 Tech Time</p> <p>4:00 Pickle-ball ◆</p> <p>6:00 Badminton ◆</p>	<p>9:00 My Life My Health</p> <p>10:15 Chair Yoga ●</p> <p>11:00 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Cardio ●/Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ●</p> <p>9:00 Life Insurance</p> <p>9:30 Joint Efforts</p> <p>12:00 Friday Flix</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>9:00 Yoga ●</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga ●</p> <p>11:30 Balance 4 Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Cardio</p> <p>9:00 Shaws</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ●</p> <p>10:30 Assessor's Office Apts.</p> <p>10:30 Blood Pressure Check</p> <p>12:00 Caregivers Support</p> <p>1:00 History Class</p> <p>4:00 Pickle-ball ◆</p> <p>4:30 Meditation</p> <p>6:00 Badminton</p>	<p>9:00 My Life My Health</p> <p>10:15 Chair Yoga ●</p> <p>11:00 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Cardio ●/Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ●</p> <p>9:00 Ask a Lawyer</p> <p>9:30 Joint Effort</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga ●</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>Holiday</p> <p>Offices</p> <p>Closed</p>	<p>9:00 Cardio</p> <p>9:00 Shaws</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ●</p> <p>9:00 Hanover Mall</p> <p>9:00 Café Talk–2 HR Workshop</p> <p>1:00 History Class</p> <p>4:00 Pickle-ball ◆</p> <p>6:00 Badminton ◆</p>	<p>9:00 My Life My Health</p> <p>10:15 Chair Yoga ●</p> <p>11:00 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Cardio ●/Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ●</p> <p>9:00 Rep Cantwell</p> <p>9:30 Joint Efforts</p> <p>12:00 Friday Flix</p>
<p>27</p>	<p>28</p>	<p><b>REMINDER OF THE SCITUATE SLOOP SERVING</b></p> <p><b>THE SLOOP OPERATES EVERYDAY!!</b></p> <p><b>MONDAY – FRIDAY 6:25 AM – 8:00 PM</b></p> <p><b>SATURDAY &amp; SUNDAY: 9:00 AM – 6:00 PM</b></p>		
<p>9:00 Yoga ●</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga ●</p> <p>10:30 Book Club</p> <p>11:30 Balance 4 Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Cardio</p> <p>9:00 Shaws</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi ■</p>	<p><b>SCITUATE HARBOR VILLAGE MARKET</b></p> <p><b>WIDOWS WALK GOLF COURSE</b></p> <p><b>GREENBUSH MBTA TOWN HALL</b></p> <p><b>CENTRAL PARK SENIOR HOUSING</b></p> <p><b>WHEELER PARK SENIOR HOUSING</b></p> <p><b>SENIOR CENTER</b></p>		

# JANUARY 2017

Mon	Tue	Wed	Thu	Fri
<b>Holiday Offices Closed</b> 2	9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:30 Tai Chi ■ 3	7:30 Yoga ● 4:00 Pickleball ◆ 6:00 Badminton ◆ 4	10:15 Chair Yoga ● 11:00 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 5	7:30 Yoga ● 9:30 Joint Efforts 11:30 Laughter Yoga ● 11:30 Bridge 6
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4Life ● 4:15 Pickle-ball ◆ 9	9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Scrabble 1:30 Tai Chi ■ 10	7:30 Yoga 9:00 Hanover/Trader Joe's 10:30 Café Talk 3:00 Tech Time 4:00 Pickleball ◆ 6:00 Badminton ◆ 11	10:15 Chair Yoga ● 11:00 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 5:30 COA Board Meeting 12	7:30 Yoga ● 9:00 Life Insurance 9:30 Joint Efforts 12:00 Friday Flix 13
<b>Holiday Offices Closed</b> 16	9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Ipad Training 1:30 Tai Chi —Lesson 1 ■ 17	7:30 Yoga* 10:30 Blood Pressure Check 12:00 Caregivers Support 1:00 History Class 4:00 Pickleball ◆ 4:30 Meditation 6:00 Badminton ◆ 18	9:00 My Life My Health 10:15 Chair Yoga ● 11:00 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● 1:00 Knitting 19	7:30 Yoga ● 9:00 Ask a Lawyer 9:30 Joint Efforts 11:30 Laughter Yoga ● 11:30 Bridge 20
9:00 Yoga ● 10:30 Book Club 23 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4Life ● 12:30 Painting Class 4:15 Pickle-ball ◆	9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Scrabble 1:30 Tai Chi ■ 24	7:30 Yoga ● 9:00 Hanover/Trader Joe's 1:00 History Class 4:00 Pickleball ◆ 6:00 Badminton ◆ 25	9:00 My Life My Health 10:15 Chair Yoga ● 11:00 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● /Knitting 4:00 Painting Class 26	7:30 Yoga ● 9:00 Rep Cantwell 9:30 Joint Efforts 12:00 Friday Flix 27
9:00 Yoga ● 30 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4Life ● 12:30 Painting Class 4:15 Pickle-ball ◆	9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Ipad Training 1:30 Tai Chi ■ 31	<b>Key:</b> ● At St. Luke's Church ■ At St. Mary's Parish Center ◆ At Jenkins School Other classes at Senior Center	<b>Bob Jackman's next six-week class begins on Wednesday, January 18 at 1:00 PM</b> <b>The History of Scituate Town Government</b> Please call the Senior Center to register with payment of \$20 to hold your spot.	

## Social Services & Outreach



### Meals

**MONDAY, WEDNESDAY & FRIDAY**  
**12:00-1:00 PM**

@ Harbor United Methodist Church; \$2  
sponsored by South Shore Elder Services.

**Meals on Wheels** program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

**THURSDAY, 12 NOON @ Congregational Church**, This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations needed.



### Monthly Community Dinner

**4th SUNDAY, 5PM @ St. Luke's Episcopal Church,**

This is a free, community dinner for all ages sponsored by various community groups. No Reservations needed.

**Van transportation is available to clients by calling the Senior Center 48 hours ahead for meals or food pantry.**

### Scituate Food Pantry

**EVERY TUESDAY**—@ Masonic Temple on Country Way  
11:00 AM to 12:30 PM.

**LAST TUESDAY EVENING** of the month  
6:00 PM to 8:00 PM.

### FUEL ASSISTANCE 2017

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30 2017. The program is open to the community and the Council on Aging is the agent for the town of Scituate. The income guidelines for fuel assistance are within the following range.

Household of 1: \$34,001.00 gross income or less  
Household of 2: \$44,463.00 gross income or less  
Household of 3: \$54,925.00 gross income or less  
Household of 4: \$65,387.00 gross income or less

Please call Jenny Gerbis with  
questions and for an appointment  
781-545-8722, x14

Applicants are required to provide the following info. for head of household and family members 18 and over:

- ID for head of household
- Social security numbers and DOB for all family members
- Last 30 days income for all family members over 18 unless in college full time  
⇒ Social Security award letter; Pension or IRA distribution; Unemployment;  
Child support
- Copy of heat bill
- Copy of an electric bill
- Copy of Town of Scituate tax bill
- Mortgage bill or rent receipt if applicable
- Homeowners cover letter if you own your house

### TUESDAYS @ HOUSING AUTHORITY ~

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Take a few moments to say “hello” and see what information is available to you, or just have a chat.

#### January

1/3 10:30 AM at Lincoln

1/10 10:30 AM at Central

1/17 10:30 AM at Wheeler I, 11:00 AM at Wheeler II

#### February

2/7 10:30 AM at Lincoln

2/14 10:30 AM at Central

2/21 10:30 AM at Wheeler I, 11:00 AM at Wheeler II

### SHINE

#### Serving the Health Information Needs of Everyone

Appointments can be made with Norman Tetreault, SHINE volunteer, at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Appointments will be scheduled on these dates: 1/3, 1/10, 1/19, 1/26, 2/2, 2/7, 2/16, 2/23.

Please call for appt times on these above dates.



### CIRCUIT BREAKER TAX CREDIT

This credit is a state tax credit for eligible Mass. residents age 65 or older who paid rent or real estate taxes during the tax year. Home-owners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer. Renters can count 25% of their annual rental payments. If they exceed 10% of your total gross income you will qualify for the credit. If you did not file a State tax return in the past 3 years and you think you might have qualified for this credit, you can have a tax preparer file for this credit for those years. You will need your Water/Sewer and Real Estate Tax bills and gross income for every year that you want to file for. Same for renters, your total rent paid for each year and your total gross income for each year. You have to file a State Income Tax in order to receive this credit.



## Age Well at the Senior Center—*fun & learning!*

### “FRIDAY FLIX” @ Noon - FREE!

*Comfortable viewing; closed caption & popcorn!*

Jan 13 The Jungle Book, PG, 1hr 45min, 2016

Inspired by the animated Disney Classic, this LIVE-ACTION adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle of wonder and peril with his animal allies.

Jan 27 Everest, PG13, 2 hrs, 2015

Based on a true-life tale of death & survival on the world's tallest mountain. An EPIC adventure!

Feb 10 Unconditional, PG13, 1hr 38min, 2012

Feb 24 Julie & Julia, PG13, 2 hrs, 2009



### PAINTING CLASSES

**MONDAY CLASS @ 12:30-3:30 pm;**

Classes begins Jan 23

**THURSDAY CLASS @ 4:00-7:00 pm;**

Classes begin Jan 26

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Long-time Instructor Joanne Papan-drea. *Supply list available. NO class on the 2nd Thursday. Classes held @ Senior Center; \$10 class*



### My Life My Health

**Thursdays 9:00-11:30AM**

**A six week workshop offered to adults living with the challenges of one or more persistent health conditions.**

*Is Living with a Persistent Health Condition Preventing You From Really Living?*

**Registration Deadline: Friday January 13,**

**Class Begins: Thursday January 19**

**Time: 9 AM – 11:30 AM    RSVP: Space is Limited,**  
**FREE COURSE—** Presented by South Shore Elder Services  
& the Home Care Division of South Shore Hospital

### COA Book Club

*New members always welcome!*

**4th MONDAY**

#### JANUARY

Book: *The Nightingale* by Kristin Hannah

Meeting: **Jan 23 @ 10:30am**



#### FEBRUARY

Book: *The Storied Life of A.J. Fikrey* by Gabrielle Zevin

Meeting: **Feb 27 @ 10:30am**

**Wednesdays 1—3pm**

**Lifelong Learning Class** offered by BOB JACKMAN  
The History of Scituate Town Government....

This class will cover 1970 to present.

Begins **Jan 18th** for 6 weeks, \$20. Sign-up Required.

### Expressive Writing

**Thursdays 11:30-12:30 PM**

Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! We just care about what you have to say! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! Session begins **January 12**, runs for 6 weeks.

### Volunteer Corner

Would you like to get involved in your community to make a difference in the lives of local seniors? Improve your health and happiness by sharing a few hours/week or a month to support the Scituate Senior Center.

We have immediate needs for the following positions:

#### Receptionist / Front Desk Ambassador

Help out by welcoming new seniors, answering phones, greeting visitors, answering questions about programs and setting up for activities. Commitment: 3-4 hours/week, OR 6-8 hours/month

#### Walking Group Facilitator

Enjoy Scituate's beautiful landscape and ocean vistas by foot! We're looking for someone who knows the local lay of the land and loves to walk to facilitate our Walking Club. Commitment: 1 –1.5 hours/week

#### Promote Events/Hang Flyers

We need extra help getting the word out to the community. Promote events by hanging flyers around town, making phone calls etc. Commitment: 2-4 hours/month



## EXERCISE & WELLNESS CLASSES

### DAYTIME WEEKLY CLASSES

**Gentle Floor Yoga** - MONDAY @ 9:00-10:00 at St. Luke's (Anne);

WEDNESDAY & FRIDAY @ 7:30-8:30 AM at St. Luke's (Elizabeth); \$10/class for 4 weeks; \$12 drop-in.

**Chair Yoga** - MONDAY @ 10:15-11:00 at St. Luke's (Anne); and THURSDAY @ 10:30 -11:15 at St. Luke's (Elizabeth); \$5.

**Joint Efforts Gentle Exercise** - MONDAY & FRIDAY @ 9:30 AM; \$2 donation; at Senior Center with Norwell VNA instructor.

**Balance for Life** - MONDAY @ 11:30; THURSDAY @ 11:15 at St. Luke's (Sue). Stretch, strengthen & tone with Sue! Lots of fun! Donation of \$2 requested. Partial grant.

**Tai Chi for Healthy Aging and Balance** - TUESDAY @ 1:30 at St. Mary's Parish Hall. This is a 24-week program with start dates on an 8-week cycle. Please call the Senior Center for information on this program. **Week 1 of 8 weeks** will be Jan. 17.

**Cardio with Chris** TUESDAY at Senior Center @ 9:00-10:00; THURSDAY at St. Luke's @ 1:00-2:00; \$4.

**ZUMBA GOLD 'Dance' Exercise class**—Zumba will be taking a break for the winter. Check back for Spring classes.

### EVERY OTHER WEEK CLASSES

**Laughter Yoga**—1st and 3rd Fridays @ 11:30AM at St. Luke's (Jill). Healthy & fun class where we laugh together without jokes or props incorporating breathing techniques with 'healthy' laughter. Laugh your way to good health! **FREE**

**Meditation** — 1st, 3rd & 5th Wednesdays @ 4:30-5:30PM at the Senior Center.

This *Guided Meditation* resumes classes on Jan 18th.

*Please call to register. \$7 class. No class Jan 4th*

Meditation is proven to help reduce stress, lower blood pressure, bolster your immune system, and reduce many aches and pains. Studies show that it can give us a more positive outlook on life and increase happiness.

**Last year we learned this simple idea on fitness from a guest speaker:**  
**"Some is Better than None. More is better than Some"**

### BRAIN GAMES

**NEW!**

**Scrabble**—TUESDAYS @ 1:00-2:30pm at the Senior Center, 1st meetings Jan 10 and Jan 24. Scrabble will meet **EVERY** week starting February 7. This new group needs some new faces. Volunteer led instruction.

**Mah Jong**—TUESDAYS @ 10:30-12:30 at the Senior Center. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

**Bridge Play**—On 1st & 3rd FRIDAYS at the Senior Center @ 11:30 AM. We would love to have multiple bridge groups—Please CALL to SIGN UP and we will help to complete the groups. We would also like someone to INSTRUCT beginners who are interested in learning and playing!



**KEEP  
CALM  
AND  
SET NEW  
GOALS**

### SPORT Games

#### Bowling League

**TUESDAYS**

9:30-11:30 AM

**At Satuit Bowlaway on**  
Cole Parkway

Join for \$5 which includes  
End of Season Banquet;  
\$10/week for lanes & shoes.

**Stay active and social !**

**CALL**

Kip Ahearn (545-3855) or  
Doug @ Bowlaway for more  
information.

#### Pickle-Ball

**MONDAYS and  
WEDNESDAYS**

**4:15-6:00 PM**

At Jenkins School. Doubles  
format; Four courts, rotat-  
ing play. Nets, beginner  
paddles and balls provided  
by the Senior Center. In-  
struction available. No  
charge. *This is a volunteer  
-led Senior Center pro-  
gram.*

#### Badminton

**WEDNESDAYS**

**6:00-8:00 PM**

At Jenkins School. Our pop-  
ular drop-in Badminton  
program will continue.  
**All are welcome!**

CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

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PERMIT NO. 653

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

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**WE ARE ON-LINE TOO!**

You can read this newsletter on-line BEFORE it comes in the mail. Go to:

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)

*Find: Scituate Council on Aging.*

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

Follow us on Twitter:

**@ScituateCOA**

“Like us” on Facebook: Search **Scituate Council on Aging AND TownofScituate** and *Share to your friends!*



Consider joining the Friends of Scituate Seniors to lend your support to fundraising efforts for a new Senior Center.  
\$5/annual membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

E-mail: \_\_\_\_\_

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

**The events they sponsor together with the COA champion the work of the Senior Center and help to create new supporters in the community.** Please send to P.O. Box 75, Scituate, MA 02060.